

Stowage of Disposable Equipment in Progress

| GMT | Crew | Activity / <i>ODF or R/G</i> |
|-------------|------------------------|--|
| 06:00–06:10 | | Morning inspection |
| 06:10–06:40 | | Post-sleep |
| 06:40–07:30 | | BREAKFAST |
| 07:30–08:00 | | Work prep |
| 08:00–08:30 | CDR | IWIS Shutdown / <i>SODF; ASSEMBLY OPERATIONS ISS-4A: IWIS</i> |
| 08:00–10:10 | PLT | Stow disposable equipment in Progress using IMS / <i>r/g 538</i> |
| 08:00–11:00 | FE-1 | |
| 08:30–08:50 | CDR | Activate floating potential probes (FPP) / <i>ÎÑÀ_1108B steps 1-4, 7-9</i> |
| 08:50–09:05 | CDR | Food questionnaire / <i>OCA_1116 item 7</i> |
| 09:20–10:10 | CDR | Stow disposable equipment in Progress using IMS / <i>r/g 538</i> |
| 10:10–11:10 | PLT | Physical exercise (IRED-1) |
| 10:10–11:10 | CDR | Physical exercise (TVIS) |
| 11:00–12:15 | FE-1 | Physical exercise (TVIS-1) |
| 11:20–12:15 | CDR | Disconnect QD connectors in Node 1 ITCS / <i>ÎÑÀ_1048</i> |
| 11:46–11:55 | PLT | Private medical conference |
| 12:15–13:10 | | LUNCH |
| 13:12–13:30 | | ISS-1/ISS-2 crew conference via OCA |
| 13:30–14:30 | CDR | Test CMG heaters using DAT laptop / <i>OCA_0651</i> |
| 13:30–16:00 | FE-1 | Stow disposable equipment in Progress using IMS / <i>r/g 538</i> |
| 13:30–14:50 | PLT | |
| 15:06–16:00 | | |
| 14:50–15:15 | PLT | Monitor ÎÑÑ test |
| 14:30–14:50 | CDR | Test RAMV in Node 1 / <i>ÎÑÀ_1170</i> |
| 14:52–15:05 | CDR | Private medical conference via ÎÑÀ |
| 15:05–16:35 | CDR | Physical exercise (IRED) |
| 16:00–17:00 | PLT, FE-1 (assist.) | Evaluation of physical fitness on TVIS (Ô=16:21) / <i>r/g 529</i> |
| 17:02–17:17 | | PAO event / <i>ÎÑÀ_1232</i> |
| 17:17–18:17 | FE-1 | Physical exercise (IRED-1) |
| 17:17–18:04 | PLT | Stow disposable equipment in Progress using IMS / <i>r/g 538</i> |
| 17:55–18:15 | CDR | Prep delta file for downlink |
| 18:04–18:15 | PLT | Setup "Đăăóë- Ĩăêâò" for operations |
| 18:17–18:45 | | Report prep |
| 18:45–19:00 | | Daily planning conference (evening) |
| 19:00–19:30 | | Review plan for the next day |
| 19:30–20:00 | | DINNER |
| 20:00–20:30 | | Daily food ration prep |
| 20:30–21:30 | | Pre-sleep |
| 21:30–06:00 | | SLEEP |

Note: CDR: Earth observations (candidate activity, 25 minutes) / *ÎÑÀ_1178*

End of radiogram